



MIDLAND HEALTH & SENIOR SERVICES

A DIVISION OF COMMUNITY SERVICES

PUBLIC HEALTH REVIEW

A Message from the Health Manager

Midland Health & Senior Services is taking a proactive approach in regards to protecting the citizens of Midland. We continue to develop and enhance relationships with our State, Regional, and Local partners. We have actively sought opportunities to conduct educational presentations. A few examples follow:

- Participated in Point of Dispensing (P.O.D) Planning Research Study sponsored by University of Illinois
- Participated in Multi-State Survey sponsored by Harvard Kennedy School of Government which compared and contrasted each locale's H1N1 Response
- Provided over 1300 immunizations to 481 children during Immunization Week April 12-16
- Collaborating with State Agencies to providing Imm-Trac Training
- Provided Immunizations to Public at Midland College Health Fair
- Organizing Food Handlers Course
- Presentation to Foster Grandparents Group

Inside this issue:

<i>A Message from the Health Manager</i>	1
<i>Upcoming Events</i>	1
<i>Fight the Bite</i>	1
<i>Hot Tub User Information: Stay H.O.T</i>	2
<i>Laboratory Section</i>	2
<i>Preparedness & Safety: Tornadoes</i>	3
<i>Why Immunize?</i>	4
<i>Blood Pressure Facts</i>	4

Great things have begun. Greater things are still to be done.

Upcoming Events

- Free Immunization Clinic in the Travis Elementary Cafeteria (900 E. Gist) on Monday May 10th from 4:30 - 7:00. All children needing immunizations are welcome
- Free Immunization Clinic in the Goddard Jr. High Cafeteria (2500 Hayes Street) on Monday May 17th from 4:30 - 7:00. All children needing immunizations are welcome
- Pachanga at Dunagan Park, May 18th 6:00—8:00
- Senior Celebration, May 20th , 9:00—3:00 Horseshoe Arena

Fight the Bite

- Mosquitoes bite in the early morning and early evening hours. If you must go out at these times wear long pants and long sleeved shirts.
- Use insect repellent with DEET.
- Empty water out of buckets, old tires, flower pots and toys.
- Change water every few days from pet bowls and bird baths.
- Keep good screens on your windows and doors.

Healthy Swimming

Practice These Six Steps to Protect Yourself and Others from Recreational Water Illness (RWI)

- **PLEASE** don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- **PLEASE** don't swallow pool water. Avoid getting water in your mouth.
- **PLEASE** practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- **PLEASE** take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- **PLEASE** change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can be spread in and around the pool.
- **PLEASE** wash your children thoroughly (especially the rear end) with soap and water before they go swimming. Invisible amounts of fecal matter can end up in the pool.

Three Steps for Water Safety

- **PLEASE** keep an eye on your child at all times. Remember, kids can drown in seconds and in silence.
- **PLEASE** use appropriately fitted life jackets instead of air-filled or foam toys (such as "water-wings" or "noodles"). These toys are not designed to keep children safe.
- **PLEASE** use sunscreen with at least SPF 15 and both UVA and UVB protection, and be sure to reapply it after swimming. Just a few serious sunburns can increase the risk of getting skin cancer.

Source: <http://www.cdc.gov/healthywater/pdf/swimming/resources/healthy-swimming-rwi-brochure.pdf>



Laboratory Section

We provide support services to the Midland Health & Senior Services clinics. The lab offers bacteriological water testing for a fee. Our laboratory collaborates with reference labs for confirmatory testing. The lab provides support to non-profit HIV agencies. The lab is responsible for NELAC/CLIA certification maintenance. The lab technicians conduct testing for Sexually Transmitted Diseases.

Preparedness & Safety: Tornadoes

Important Measures to Take

- Take a few minutes with your family to develop a tornado emergency plan. Sketch a floor plan of where you live, or walk through each room and discuss where and how to seek shelter.
- Show a second way to exit from each room or area. If you need special equipment, such as a rope ladder, mark where it is located.
- Make sure everyone understands the siren warning system, if there's such a system in your area.
- Mark where your first-aid kit and fire extinguishers are located.
- Mark where the utility switches or valves are located so they can be turned off--if time permits--in an emergency.
- Teach your family how to administer basic first aid, how to use a fire extinguisher, and how and when to turn off water, gas, and electricity in your home.
- Learn the emergency dismissal policy for your child's school.

Extra Measures for People with Special Needs

- Write down your specific needs, limitations, capabilities, and medications. Keep this list near you always--perhaps in your purse or wallet.
- Find someone nearby (a spouse, roommate, friend, neighbor, relative, or co-worker) who will agree to assist you in case of an emergency. Give him or her a copy of your list. You may also want to provide a spare key to your home, or directions to find a key.
- Keep aware of weather conditions through whatever means are accessible to you. Some options are closed captioning or scrolled warnings on TV, radio bulletins, or call-in weather information lines.

Writing Down Important Information

- Important telephone numbers, such as emergency (police and fire), paramedics, and medical centers.
- Names, addresses, and telephone numbers of your insurance agents, including policy types and numbers.
- Telephone numbers of the electric, gas, and water companies.
- Names and telephone numbers of neighbors.
- Name and telephone number of your landlord or property manager.
- Important medical information (for example, allergies, regular medications, and brief medical history).
- Year, model, license, and identification numbers of your vehicles (automobiles, boats, and RVs).
- Bank or credit union telephone numbers, and your account numbers.
- Radio and television broadcast stations to tune to for emergency broadcast information.

Store the following documents in a fire and water-proof safe:

- Birth certificates
- Ownership certificates (autos, boats, etc.)
- Social security cards
- Insurance policies
- Will
- Household inventory
 - ◊ List of contents of household; include serial numbers, if applicable
 - ◊ Photographs or videotape of contents of every room
 - ◊ Photographs of items of high values, such as jewelry, paintings, collection items

Source: <http://emergency.cdc.gov/disasters/tornadoes/prepared.asp>

Immunization Section: Why Immunize?

Diseases are becoming rare due to vaccinations.

It's true, some diseases (like polio and diphtheria) are becoming very rare in the U.S. Of course, they are becoming rare largely because we have been vaccinating against them. But it is still reasonable to ask whether it's really worthwhile to keep vaccinating. It's much like bailing out a boat with a slow leak. When we started bailing, the boat was filled with water. But we have been bailing fast and hard, and now it is almost dry. We could say, "Good. The boat is dry now, so we can throw away the bucket and relax." But the leak hasn't stopped. Before long we'd notice a little water seeping in, and soon it might be back up to the same level as when we started.

Keep immunizing until disease is eliminated.

Unless we can "stop the leak" (eliminate the disease), it is important to keep immunizing. Even if there are only a few cases of disease today, if we take away the protection given by vaccination, more and more people will be infected and will spread disease to others. Soon we will undo the progress we have made over the years.

What if we stopped vaccinating?

Diseases that are almost unknown would stage a comeback. Before long we would see epidemics of diseases that are nearly under control today. More children would get sick and more would die.

We vaccinate to protect our future.

We don't vaccinate just to protect our children. We also vaccinate to protect our grandchildren and their grandchildren. With one disease, smallpox, we "stopped the leak" in the boat by eradicating the disease. Our children don't have to get smallpox shots any more because the disease no longer exists. If we keep vaccinating now, parents in the future may be able to trust that diseases like polio and meningitis won't infect, cripple, or kill children. Vaccinations are one of the best ways to put an end to the serious effects of certain diseases.

Source: <http://www.cdc.gov/vaccines/vac-gen/why.htm>

Blood Pressure Facts

- Blood pressure is the force of blood against your artery walls as it circulates through your body.
- Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time.
- Having high blood pressure raises your risk for heart disease and stroke, the first and third leading causes of death in the United States.¹
- High blood pressure is called the "silent killer" because many people don't realize they have it.
- High blood pressure often has no warning signs or symptoms.
- Having high blood pressure puts you at risk for heart disease and stroke, the first and third leading causes of death in the United States.
- About one out of three U.S. adults—31.3%—has high blood pressure.
- High blood pressure is a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease.
- In 2010, high blood pressure will cost the United States \$76.6 billion in health care services, medications, and missed days of work.

Midland Health and Senior Services Nurses provide a *FREE* Blood pressure screening on a walk in basis . Please take advantage of this service which is available Monday to Friday 8am - 4.30pm

Source: <http://www.cdc.gov/bloodpressure/about.htm>

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PAGE 4

Our Mission: To promote and assure the health and well being of citizens of the City of Midland.